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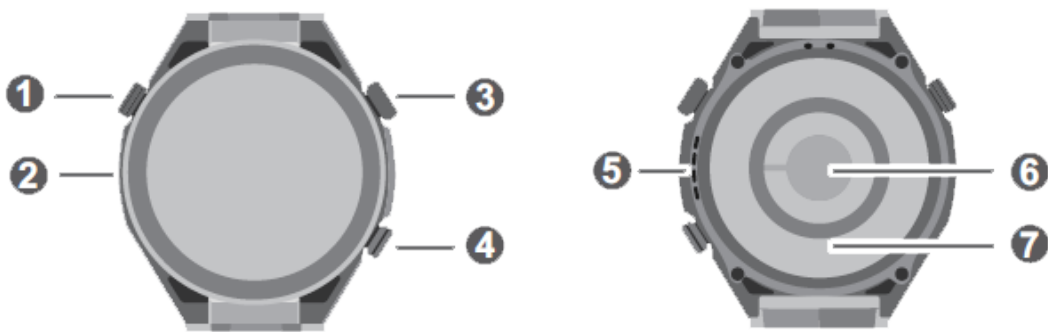
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Getting Started

Appearance and button operations

Appearance



❶	Assist button
❷	Microphone
❸	Up button Press and hold the button to power on, power off, or restart the device.
❹	Down button
❺	Speaker
❻	Heart rate sensor
❼	Charging sensor

Up button

 Operations differ during calls and workouts.

Operation	Feature
Rotate	• In Grid mode, zooms in and out on apps in the app list screen. • In List mode, swipes up and down in the app list and details screens. • Swipes up and down on the screen after you open an app.  To enter Grid or List mode, go to Settings > Watch face & home > Home, and select Grid or List.
Press	• Turns on the screen. • Takes you to the app list screen from the home screen. • Returns you to the home screen. • Mutes incoming Bluetooth calls.

Operation	Feature
Press and hold	• Powers on the watch. • Takes you to the restart/power off screen. • Forcibly restarts the watch when the button is held for at least 12 seconds.

Down button

- Pressing the Down button opens the Workout app by default.
- You can also customize what the Down button does, by performing the steps below:

1 Press the Up button to enter the app list, and go to **Settings > Down button**.

2 Select an app and customize the Down button feature.

Once you finished customizing, return to the home screen and press the Down button to open the app.

Assist button

Operation	Feature
Press	• Takes you to Expedition from the home screen. •  The Expedition mode will be supported via OTA updates. • Switches or edits gas types, resets the average depth, and ends of dives under diving mode.

Screen operations

The device comes with a color touchscreen that supports full-screen touch operations (including swiping up, down, left, and right, and touching and holding).

Operation	Function
Touch	Confirm your selection.
Touch and hold	Change the watch face (when the watch home screen is displayed).
Swipe up	View notifications (when swiping up on the watch home screen).
Swipe down	View the shortcut menu (when swiping down on the watch home screen).
Swipe left	View the watch feature cards (when swiping left on the watch home screen).
Swipe right	Return to the previous screen (when swiping right on any app's screen other than the home screen).

Pairing with an EMUI/Android phone

- 1 Install the **Huawei Health** app ().
If you have already installed the **Huawei Health** app, go to **Me > Check for updates** and update it to the latest version.
If you haven't yet installed the app, go to your phone's app store and download and install the app. You can also scan the QR code below to download and install the app.



- 2 Open the **Huawei Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
 - 3 Power on your wearable device, select a language, and start pairing.
 - 4 Place your wearable device close to your phone. Open the **Huawei Health** app, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair your phone with, and touch **LINK**.
Alternatively, touch **Scan** to pair by scanning the QR code displayed on your wearable device.
 - 5 When a **Huawei Health** app pop-up window appears requesting a Bluetooth pairing, touch **Allow**.
 - 6 When a pairing request displays on the wearable device, touch , and follow the onscreen instructions on the phone to complete the pairing.
-  After the pairing is complete, if you are using a non-Huawei phone, open the **Huawei Health** app, go to the device details screen, touch **Troubleshooting**, and adjust system settings. This prevents the **Huawei Health** app from being cleared from the background.

Pairing with an iPhone

- 1 Install the **HUAWEI Health** app ().
If you have already installed the app, please update it to its latest version.
If you haven't yet installed the app, go to your phone's App Store and download and install the app. You can also scan the QR code below to download and install the app.



- 2 Open the **HUAWEI Health** app, and go to **Me > Log in with HUAWEI ID**. If you don't have a HUAWEI ID, please register for one, and then log in.
- 3 Power on your wearable device, select a language, and start pairing.
- 4 Place your wearable device close to your phone. Open the **HUAWEI Health** app on your phone, touch  in the upper right corner, and touch **Add device**. Select the wearable device that you would like to pair, and touch **LINK**.
You can also touch **Scan** to scan the QR code displayed on the wearable device to initiate pairing.
- 5 When the pairing request appears on your wearable device, touch . When a **HUAWEI Health** app pop-up window appears requesting a Bluetooth pairing, touch **Pair**. Another pop-up window will appear, asking you whether you would like to allow the wearable device to display notifications from your phone. Touch **Allow**.

Icons

 Icons may vary depending on the product model.

Level-1 Menu

Remote shutter 	Workout records 	Workout status 	Breathing exercises 	SpO2 	Activity records 
Sleep 	Stress 	Heart rate 	Music 	Workout 	Notifications 
Weather 	Cycle Calendar 	Settings 	Stopwatch 	Timer 	Alarm 

Find Phone 	Healthy Living 	Flashlight 	Call log 	Compass 	Barometer 
Lactate threshold 	--	Contacts 	--	--	--
--	Diving 	Golf 	Expedition 	--	--

Bluetooth connection status

Disconnected from the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth and the Huawei Health app 	Connected to the phone's Bluetooth but disconnected from the Huawei Health app 
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Setting custom cards

To add custom cards

- 1 Go to **Settings** > **Custom cards**.
- 2 Touch  and select the cards you would like to display, such as **Sleep**, **Stress**, and **Heart rate**. The cards you see on your device may be different.
- 3 To view custom cards after adding them, swipe left or right on the home screen.

To move/delete cards

-  First update your watch to the latest version.

- To move an added card, touch  to the right of the card.
- To delete an added card, touch  to the left of the card.

Outdoor Exploration

Diving mode

-  Technical diving, scuba diving, apnea training, apnea test, and decompression calculator will be available via OTA updates.

Your watch supports multiple professional diving modes, such as free diving and recreational diving. You can flexibly set the gas and water types to explore the wonderful underwater.

-  Diving is a risky activity, so make sure that you have all relevant diving qualifications, and are accompanied by a diving coach or experienced diver.

Diving settings

You can set **Auto-start dive** and **Auto-end dive** as needed.

- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
- 2 Touch  next to the diving mode.
 - Enable or disable **Auto-start dive**. When enabled, you can set **Auto-start depth** and **Default mode**.
 - Enable or disable **Auto-end dive**. When enabled, you can set **Surface delay time**.

Diving mode and settings

Your watch supports **Recreational dive**, **Freedive**, **Technical diving**, and **Scuba dive**. Each diving mode supports settings, real-time monitoring of diving data, surface time, and diving log generation and syncing after dives. Your watch also supports apnea training and apnea tests to help you train.

- **Recreational dive**: No-decompression diving with nitrogen and oxygen mixtures. This diving mode includes safety stop guidance.
- **Freedive**: Breath-hold diving.
- **Technical diving**: Technical decompression diving with multiple cylinders containing helium, nitrogen, and oxygen mixtures. This diving mode does not include safety stay guidance.
- **Scuba dive**: This diving mode works like an underwater timer and displays only the depth and time. It does not provide information tracking or decompression calculations.

For each diving mode, you can set the parameters to suit your needs.

- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
- 2 Touch  next to the diving mode to set the parameters.
 - **Recreational dive**: You can set **Gas**, **Water type**, **Difficulty level**, **Max partial compression**, **Safety stop duration**, **Reminders**, **Alerts**, and **Notification method**.
 - **Freedive**: You can set **Water type**, **Reminders**, **Alerts**, and **Notification method**.

- **Technical diving:** You can set **Gas**, **Water type**, **GF**, **Oxygen partial pressure limit**, **Bottom depth**, **Reminders**, **Alerts**, and **Notification method**.
- **Scuba dive:** You can set **Water type** and **Notification method**.

Starting your dive

-  Before each dive, check the diving settings and device battery level, and manually select and enter a diving mode. You can check the diving mode icon on the diving data home screen, to make sure that the device is working as normal.
- 1 Press the Up button on the watch to open the app list, and go to **Workout > Diving**.
 - 2 Select a diving mode. For certain diving modes, you'll need to set the parameters in the diving settings screen. Once the settings are complete, touch **OK**.
 - 3 Press the Down button on the watch or touch the start icon to begin your dive. While diving, you can:
 - Press the Down button or rotate the crown to scroll on the screen.
 - **Stopwatch:** When you scroll to the stopwatch screen, you can press the Up button to start/pause/resume timing, and press and hold the Up button to reset the stopwatch.
 - **Compass:** When you scroll to the compass screen, you can press the Up button to lock/unlock navigation directions.
 - During technical dives, you can press the Assist button on the watch to view the advanced settings.
 - **Switch gas:** Press the Up button to select **Switch gas**, and press the Down button to open the gas list. After selecting a gas, press the Down button to confirm the switch.
 - **Edit gas:** Press the Up button to select **Edit gas**, and press the Down button to open the gas list. After selecting a gas, edit **Oxygen concentration** and **Helium concentration**, and press the Down button to confirm the edit. The watch will automatically switch to the selected gas.
 - 4 After you return to the surface after a dive, press and hold the Up button to end the diving session.
 - 5 After the dive, gently rinse the watch with fresh water or soak it in clean water for 15 minutes, to clean off any sea salt, silt, or other substances. Swipe down on the watch face screen to enter the shortcut menu and touch **Drain**. Then, wait for the watch to dry.
 -  The watch will show a no-fly time after each dive, during which you are advised not to travel by plane.

Diving tools

Press the Up button on the watch to open the app list, and go to **Workout > Diving > Dive tools**.

- **Calculate NDL**

The Calculate NDL tool helps you quickly calculate the maximum time you can spend at a certain depth without having to take any decompression stops while surfacing, during recreational dives. To use this tool:

- 1 Touch **Calculate NDL**, swipe up or down on the screen to select **Gas**, and touch **Next**.
- 2 Swipe up or down on the screen to select **Start dive**, and touch **OK**. You can view the respective **NDL** for different depths.
Touch **Check precision**, select **Dive depth**, and view the **NDL** for the chosen depth.

• Calculate decompression

The Calculate decompression tool estimates the gas consumption, and depths and durations of decompression stops before a technical dive. This makes it easy for you to plan your dives and adjust any relevant parameters.

- 1 Touch **Calculate decompression**, confirm the settings such as **Gas** and **GF**, and touch **Next**.
- 2 Set **Start dive**, **Dive depth**, **Bottom time**, and **Gas consumption** in sequence, and confirm the settings. You'll then be able to view the decompression calculation results.

• Apnea training

Once Apnea training is enabled, the watch will remind you to breathe and hold your breath according to a customized training table, and record your heart rate and SpO2 data during the training session.

Touch **Apnea training**, and follow the onscreen instructions to begin the training session.

• Apnea test

Before an apnea test, adjust your breathing, and the watch will remind you to start the apnea test. During the test, breath-holding duration, real-time heart rate, and SpO2 data will be provided.

Touch **Apnea test**, and follow the onscreen instructions to start the test. During the apnea test, press the Down button to record **Diaphragm contraction**.

Diving terms

Click on Fitness terminology to see more diving terms.

Expedition

When you're on an outdoor expedition, you can mark your locations and use these marked locations to find your way back. You can also use the watch to get key data like altitude and SpO2.

 The Expedition mode will be supported via OTA updates.

Settings

- 1 On the watch face screen, press the Assist button on the watch to access the **Expedition** screen.

2 Touch  at the bottom.

- **Battery:** When in Expedition mode, the Raise to wake feature is enabled by default. You can toggle off the switch to disable it. You can also touch **Positioning interval** to set **Time** or **Steps**.
- **Storm warning:** You can choose to enable or disable **Warnings**. When it is enabled, you can set **Pressure drop**.
- **Record at night** is enabled by default, and you can toggle off the switch to disable it.
- **Dim after sunset** is enabled by default, and you can toggle off the switch to disable it.

Starting an outdoor expedition

1 On the watch face screen, press the Assist button on the watch to access the **Expedition** screen, then touch **Start**.

2 During the expedition:

- **Waypoint distance:** Waypoints are the important locations marked through positioning technologies, like a crossroad and a medical service station. **Waypoint distance** is the sum of the distances of the waypoints connected in a straight line.
- **Mark:** On the home screen of Expedition, press the Down button or touch **Mark** to manually mark a location. Touch **Markers** to view and edit the marked locations.
 Markers only count the number of manually marked locations.
 A maximum number of 500 markers are allowed.
- **Dim:** On the home screen of Expedition, press the Assist button on the watch to enable or disable Dim mode.
- **Tools:** On the home screen of Expedition, swipe down on the watch screen to access **Tools**, like **SpO2** and **Flashlight**.
- **Lock screen/Unlock screen:** On any screen of Expedition, press the Up button on the watch to lock or unlock the screen.
 Touch **Home screen** to halt the recording of expedition data. You can resume this expedition by opening the app again and touching **Resume**.

3 On the home screen of Expedition, swipe down on the watch screen twice to go to the route back screen. Touch **Backtrack** to navigate to a place near the starting point. Touch **Navigate** to display the marked locations, rotate the Up button to switch between marked locations, and press the Up button to select a marked location. Touch **Navigate** to navigate to a place near the marked location.

4 Press and hold down on the Up button on the watch to end the outdoor expedition.

Viewing expedition records

On your watch:

1 Press the Assist button on the watch to access the **Expedition** screen, and touch **Expedition records** to display the expedition records.

- 2 Touch the expedition record you wish to view, and swipe up or down on the screen to view detailed records like **Distance**, **Altitude**, and **Avg heart rate**.

On your phone:

Open the **Huawei Health** app, go to **Health > Exercise records**, and touch expedition records to view the details.

Route back

When you start an outdoor workout and enable the Route back feature, the watch will record the route you take and help you navigate. After you reach your destination, you can use this feature to return to where you passed through or came from.

On your watch, enter the app list, then swipe until you find **Workout** and touch it. Start an outdoor workout session. Swipe up on the screen and select **Route back** or **Straight line** to return to where you passed through or came from.

If there is no **Route back** or **Straight line** option on the screen, touch the screen to display it.

-  • Touch + or - on the navigation screen to adjust the scale of the map.
- This feature is only available during workouts and will be disabled once a workout ends.

Sharing workout routes

Managing your workout routes in the Huawei Health app

- 1 Exporting a route
 - a On the **Exercise** screen, open a specific outdoor workout record, touch the Route icon on the right, and select **Export route**.
 - b Then touch **Save** to save the route to the phone.
- 2 Importing a route

Go to **Me > My route > Import route**, and select a downloaded route to save to **My route**.
- 3 Viewing or deleting a saved route file

Go to **Me > My route** and select a route file to view or delete it.

Sharing workout routes to your device

- 1 Open the Huawei **Health** app, go to **Me > My route**, and touch the target route. On the route details screen, touch  in the upper right corner and select **Send to wearable**.
- 2 Enter **Workout** on your device, touch  on the right of a specific workout type that supports sharing routes, touch **Routes**, and select the target route to start navigation. You can then navigate to the destination as prompted.

Barometer

Barometer on your watch automatically measures the altitude and atmospheric pressure at the current location, and shows all data from the current day in a waveform graph form.

Viewing the altitude and atmospheric pressure

 Connect your watch to **Huawei Health** for automatic calibration before using this feature.

- 1 Press the Up button on the watch to open the app list, and then touch **Barometer**.
- 2 Swipe up or down on the screen to view the **Altitude** and **Air pressure**.

Other settings

- Touch **Calibrate** on the altitude screen to manually calibrate the altitude.
- Touch **Settings** on the atmospheric pressure screen to enable or disable **Warnings** for **Severe weather warning**. You can also set **Pressure drop**. The default warning frequency is 4 hPa/3 hr, which indicates that a warning will be sent when the accumulated decrease in atmospheric pressure exceeds the preset frequency (4 hPa) within three hours.

Viewing weather information

Enabling weather reports

Open the **Huawei Health** app, go to the device details screen, enable **Weather reports**, and select a temperature unit (°C or °F).

Viewing weather information

You can check your watch to get the local weather forecast.

- 1 Open the Weather app in any of the following ways:
 - Press the Up button on the watch to open the app list, and touch **Weather** ().
 - Swipe right on the screen until you find the Weather card, to check your location, and get the weather information. Touch the Weather card to open it.
 - Set a watch face that is able to display the weather. Once this is set, you will be able to get the latest weather information directly from the home screen. Touch the weather information to open the Weather app.
- 2 Swipe up or down on the screen to view the weather information for the week, **Sun**, **Moon**, **Moon phase**, and **Tide**.
Tidal queries are only supported in certain regions.

-  Make sure that GPS is enabled on your phone, the **Huawei Health** app is allowed to obtain your location information, and that your phone is in an open area with GPS reception.
- The weather information displayed on your watch may differ slightly from that displayed on your phone, since the information is pushed from the **Huawei Health** app and collected from different weather service providers.

Exercise

Starting a workout

Starting a workout on your watch

- 1 Enter the app list and touch **Workout**.
- 2 Select the workout you would like to do, or your preferred course. Alternatively, swipe up on the screen and touch **Custom** to add other workout modes.
- 3 To start a workout session, touch the Start icon. (Ensure that GPS positioning is functioning properly before you start an outdoor workout.)
- 4 To end a workout session, press the Up button and touch the Stop icon, or press and hold the Up button.
 -  For watches that support voice broadcasts, press the Up button to pause the workout and then adjust the volume during a workout.
 - Swipe left or right on the screen to switch between the music, sunrise/sunset, and other screens.

Starting a workout in the Huawei Health app

To start a workout using the Huawei **Health** app, put your phone and watch close to each other to ensure that they are connected.

- 1 Open the Huawei **Health** app, touch **Exercise**, choose a workout mode, and touch the Start icon to start the workout.
- 2 Once you have started a workout, your watch will sync and display your heart rate, speed, and time. The Huawei **Health** app will display your workout time.

Making running plans

The device provides customized scientific training plans that adapt to your time to meet your training requirements. The device can help you finish your plan in a timely manner and intelligently adjust the difficulty of subsequent courses based on your training status and feedback.

Creating a running plan

- Open the **Huawei Health** app, go to **Exercise > Outdoor run, Indoor run or Plan**, and touch **AI running plan**.
- Open the **Huawei Health** app, and go to **Me > Plan > Create plan**.
Select a running plan based on your needs, and follow the onscreen instructions to finish creating the plan. Once created, the plan will be automatically synced to your device when your device is connected to the app.

Viewing and starting your running plan

On your device:

Open the app list, go to **Workout** () > **Courses & plans** > **Training plan**, and touch **View plan** to view your running plan, or touch the Workout icon to start the plan.

On your phone:

Go to the **Exercise** or **Me** screen of the **Huawei Health** app, and select **Plan** to view your training plan. Touch the corresponding date and plan details to start training, which will be synced to your device.

Ending a running plan

Open the **Huawei Health** app, go to **Exercise** > **Plan**, touch  in the upper right corner, and touch **End plan**.

Other settings

Open the **Huawei Health** app, go to **Exercise** > **Plan**, and touch  in the upper right corner:

- Touch **View plan** to view the plan details.
- Touch **Sync to wearable device** to sync plans to your wearable device.
- Touch **Plan settings** to edit information such as the training day, reminder time, and whether to sync the plan to Calendar.

Viewing the RAI

Running Ability Index (RAI) is a comprehensive index that reflects a runner's endurance and technique efficiency. It is based on a runner's best times. In general, a runner with a higher RAI performs better in competitions.

Before you start

- To use this feature, update the device and the Huawei Health app to their latest versions.
- The RAI feature is only available for outdoor running and running courses that last for more than 12 minutes. Indoor running is not supported.

Viewing the RAI

- On the device:

1 Go to **Settings** > **Watch face & home** > **Home**, and select **Grid** to display the apps in grid view.

2 Touch  to view the RAI.

- Phone:

Open the Huawei Health app, go to **Exercise > Outdoor run > Total distance run (km)**, select a running record, and touch **Graph** to view your fitness data such as RAI, pace zone, and training load level.

Viewing workout records

Viewing workout records on the device

- 1 Enter the app list and touch **Workout records** ().
- 2 Select a record and view the corresponding details. The device will display different data types for different workouts.

Viewing workout records in the Huawei Health app

You can also view detailed workout data by going to **Health > Exercise records** in the **Huawei Health** app.

Deleting a workout record

Touch and hold a workout record on **Exercise records** in the **Huawei Health** app and delete it. However, this record will still be available in **Workout records** on the device.

Enabling Smart companion

After Smart companion is enabled, you can view how much you have exceeded or fallen behind the target pace in real time during an outdoor workout.

- 1 Enter the device's app list, and swipe up or down to find and touch **Workout**.
- 2 Touch the Settings icon to the right of **Outdoor run** and enable **Smart companion**.
- 3 Touch **Target pace** to customize a target running pace.
- 4 Return to the app list, touch **Outdoor run**, wait until GPS positioning is complete, and touch the Run icon to start running.

Measuring the lactate threshold

- Before you measure the lactate threshold, you need to complete information about your gender, age, height, and weight in the Huawei Health app.
 - Go to an open area and make sure that the GPS positioning is successful, to ensure the measurement accuracy.
 - During the measurement, make sure that your heart rate is within the required range and your pace does not fluctuate too much.
- 1 Press the Up button on your watch to enter the app list, start a lactate threshold measurement, confirm your information, and touch **OK**.

- 2 Ensure that the requirements are met, touch **OK**, and follow the onscreen instructions to start measuring the lactate threshold.
- 3 After the measurement is complete, touch **Workout records** to view the result.

Automatic workout detection

On your device, go to **Settings** () > **Workout settings** and enable **Auto-detect workouts**. After this feature is enabled, the device will remind you to start a workout when it detects increased activity. You can ignore the notification or choose to start the corresponding workout.

-  • The device will automatically identify your workout mode and remind you to start a workout if you meet the requirements based on the workout posture and intensity and stay in this state for a certain period of time.
- If the actual workout intensity is lower than that required by the workout mode for a certain period of time, the device will display a message indicating that the workout has ended. You can ignore the message or end the workout.

Health Management

ECG

An electrocardiogram (ECG) is a graphical recording of the heart's electrical activity. ECGs provide an insight into your heart rhythm, and can help to identify irregular heart beats, and detect potential health risks early.

-  Currently, this feature is only supported in certain countries and regions. For details, please refer to Countries where the ECG function of Huawei wearable devices is available.

Before you start

- This feature should not be used by those under 18 years of age.
- Those with pacemakers or other implanted devices are advised not to use this feature.
- Being in an environment with a strong electromagnetic field will severely affect the quality of the ECG waveforms. Do not start a measurement when you are in such an environment.

Preparing for measurement

-  To use this feature, download the latest version of the **Huawei Health** app from HUAWEI AppGallery and install it, or update the **Huawei Health** app to the latest version.

Activating the app: If you are using **ECG** for the first time, go to **Health > Heart > ECG** in the **Huawei Health** app, and follow the onscreen instructions to activate the ECG app.

Measuring your ECG

- 1 Wear the device properly on your wrist, and select  **ECG** from the app list. If you are using the feature for the first time, select which hand you are wearing the device on.
- 2 Place your arm flat on the table or your lap and relax your arm and fingers.
- 3 Keep a finger from your free hand on the electrode (Down button) of your watch to initiate a measurement.
 -  During the measurement, keep still and breathe evenly and steadily. Do not speak and do not release the electrode with your fingers. Ensure that the contact with the electrode is proper to avoid excessive pressing or insufficient contact.
 - Dry skin can affect the quality of the measurement. If you notice that your finger is dry, wet it with a little bit of water to improve conductivity.
- 4 After the measurement is complete, the measurement result is displayed on the device screen. You can touch  to view the measurement result description. For details, open the **Huawei Health** app, and go to **Health > Heart > ECG**.

Result interpretation

- Please consult with a medical professional about the measurement result. Do not interpret the result or take clinical measures by yourself.

- The feature isn't capable of detecting blood clots, strokes, heart failure, or other types of arrhythmia.
- This feature isn't capable of detecting heart attacks and related complications. Please seek timely medical assistance if you feel pain, tightness, or pressure in your chest, or experience any other symptoms.

Measuring your heart rate

Continuous heart rate monitoring is enabled by default, which allows a heart rate curve to be displayed. If this feature is disabled, only the result of a single measurement can be displayed.

-  To guarantee a more accurate heart rate measurement, wear the device correctly and ensure the strap is fastened. Make sure that your device is secure on your wrist during workouts.

Individual heart rate measurement

- 1 Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and disable **Continuous heart rate monitoring**.

- 2 Open the device's app list and select **Heart rate** () to measure your heart rate.

-  This measurement may also be affected by some external factors such as low blood perfusion, tattoos, a lot of hair on your arm, a dark complexion, lowering or moving your arm, or low ambient temperatures.

Continuous heart rate monitoring

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. Once this feature is enabled, your device can measure your real-time heart rate.

You can set **MONITORING MODE** to either **Smart** or **Real-time**.

- Smart mode: Monitors your heart rate based on your training load.
- Real-time mode: The heart rate measurement will be performed once a second regardless of the training load.
-  Using Real-time mode will increase the power consumption of your device, while using Smart mode will adjust the heart rate measurement interval based on the activity intensity and help to save power.

Resting heart rate measurement

Resting heart rate refers to your heartbeats per minute measured when you are awake, still, and calm. It is an important indicator of your heart health. The best time to measure your resting heart rate is immediately after you wake up in the morning.

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, and enable **Continuous heart rate monitoring**. The device will then automatically measure your resting heart rate.

-  • The resting heart rate data on the device will be cleared on its own at 00:00 (24-hour clock) or 12:00 midnight (12-hour clock).
- Your actual resting heart rate may not be displayed or accurately measured, as it is not always the case that your heart rate was automatically measured at the best time.

Heart rate alerts

High heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **High heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays above your set limit for more than 10 minutes.

Low heart rate alert

Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Continuous heart rate monitoring**, enable **Continuous heart rate monitoring**, and set **Low heart rate alert**. You will then receive an alert when you are not doing a workout and your heart rate stays below your set limit for more than 10 minutes.

Heart rate measurement for a workout

During a workout, the device displays your real-time heart rate and heart rate zone, and notifies you when your heart rate exceeds the upper limit. For better training results, you are advised to do a workout based on your heart rate zone.

- To choose the calculation method for heart rate zones, open the **Huawei Health** app, go to **Me** > **Settings** > **Workout settings** > **Exercise heart rate settings**, and set **Calculation method** to **Maximum heart rate percentage**, **HRR percentage**, or **LTHR percentage** for running, or either **Maximum heart rate percentage** or **HRR percentage** for other workout modes.
 -  • If you select **Maximum heart rate percentage** as the calculation method, the heart rate zone for different types of workout activities (Extreme, Anaerobic, Aerobic, Fat-burning, and Warm-up) is calculated based on your maximum heart rate ("220 minus your age" by default).
 - If you select **HRR percentage** as the calculation method, the heart rate interval for different types of workout activities (Advanced anaerobic, Basic anaerobic, Lactic acid, Advanced aerobic, and Basic aerobic) is calculated based on your heart rate reserve ("HRmax minus HRrest").
- Heart rate measurement during a workout: The real-time heart rate can be displayed on the device when you start a workout. After completing your workout, you can check your average heart rate, maximum heart rate, and heart rate zone on the workout results screen.

-  Your heart rate will not be displayed if you remove the device from your wrist during the workout. However, it will continue to search for your heart rate signal for a while. The measurement will resume once you put the device back on.
- You can view graphs that show the changes in your heart rate, maximum heart rate, and average heart rate for each workout from **Exercise records** in the **Huawei Health** app.

Exercise heart rate upper limit

After you start a workout, your device will vibrate to alert you if your heart rate value has exceeded the upper limit for more than 60 seconds.

- 1 Open the **Huawei Health** app, go to **Me > Settings > Workout settings > Exercise heart rate settings**, and touch **Heart rate limit**.
 - 2 Select the heart rate upper limit value you want to set, and touch **OK**.
-  If you disable voice guidance for individual workouts, you will only be alerted through vibrations and card prompts.

Sleep monitoring

Make sure that you are wearing your watch in the correct manner. The device will automatically record your sleep duration, and identify whether you are in deep sleep, light sleep, or awake.

Sleep settings

- 1 Press the Up button, select **Sleep** () from the app list, swipe up on the screen twice to enter the **More** screen, and touch **Sleep settings**.
- 2 You can then enable **Auto**, or touch **Add time** to set **Bedtime**, **Wake-up**, and **Repeat**, and touch **OK**.

Recording sleep data on your wearable device

-  When **Auto** is enabled and the device detects that you are asleep, it will automatically disable Always On Display (AOD), notifications (including incoming call notifications), the Raise wrist to wake feature, and other features, in order to avoid disturbing your sleep.
- Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring > HUAWEI TruSleep™**, and enable **HUAWEI TruSleep™**. When enabled, the device can accurately recognize when you fall asleep, when you wake up, and whether you are in a deep sleep, a light sleep, or rapid eye movement (REM) sleep. The app can then provide you with sleep quality analysis, to help you understand your sleep patterns, and suggestions to help you improve the quality of your sleep.

- If **HUAWEI TruSleep™** has not been enabled, your device will track your sleep in the regular way. When you wear your device while sleeping, it will identify your sleep stages, and record the time that you fall asleep, wake up, enter or exit each sleep stage, and awake, and it will then sync the data to the **Huawei Health** app.

Viewing your sleep data

- Open the **Sleep** () app from the app list on your wearable device to view the latest night sleep and nap data record.
- Touch the **Sleep** card on the **Health** screen of the **Huawei Health** app to view your daily, weekly, monthly, and yearly sleep data.

Testing stress levels

Testing stress levels

Wear the device correctly and keep your body still during the stress test.

- Single stress test:
Open the **Huawei Health** app, touch the **Stress** card, and touch **Stress test** to start a single stress test. Touch **Calibrate stress level** and follow the onscreen instructions to calibrate the stress level.
- Periodic stress test:
Open the **Huawei Health** app, enter the device details screen, go to **Health monitoring** > **Automatic stress test**, turn on the switch for **Automatic stress test**, and follow the onscreen instructions to calibrate the stress level. Periodic stress tests will then automatically start when you wear the watch correctly.
-  The accuracy of the stress test may be affected if the user has just taken substances with caffeine, nicotine, or alcohol, or psychoactive drugs. It may also be affected when the user suffers from heart disease or asthma, has been exercising, or is wearing the watch incorrectly.

Viewing stress data

- On the device:
Open the app list, and touch **Stress** () to view your daily stress change, including the stress bar chart and specific stress levels.
- In the **Huawei Health** app:
Open the app and you can see your latest stress scores and level on the **Stress** card. Touch the card to view your daily, weekly, monthly, and yearly stress curves, and corresponding advice.
-  The device is not a medical device and the data is for reference only.

Measuring SpO2

-  • To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
 - To ensure the accuracy of the SpO2 measurement, wear the wearable device snugly and in the correct manner. Make sure that the monitoring module is in direct contact with your skin, free of any obstructions.
- 1** Wear your wearable device in the correct manner, and keep your arm still.
 - 2** Press the Up button on your wearable device to enter the app list, swipe up or down on the screen until you see **SpO2** () , and touch this option.
 - 3** For certain products, you'll need to touch **Measure**. The actual product interface shall prevail.
 - 4** Remember to keep still with the screen facing upward, during SpO2 measurements.

Automatic SpO2 measurement

Enabling/Disabling Automatic SpO2 measurement

- 1** Open the Huawei Health app, touch **Devices** then the name of your connected device, and enter its details screen. Touch **Health monitoring**, and enable/disable **Automatic SpO2 measurement**.
- 2** Touch **Low SpO2 alert** to set the lower limit of your SpO2 for you to receive an alert when you are not asleep.

Viewing data

Go to **Huawei Health > Health**, touch **SpO2**, and select a date to view the SpO2 measurement data on that day.

Measuring your skin temperature

Skin temperature measurements are mainly used to monitor the changes in the wrist skin temperature after exercise. After you enable a continuous skin temperature measurement, your skin temperature will be continuously measured and a measurement curve will be generated.

-  • The product is not a medical device. Temperature measurements are mainly used to monitor the changes in the wrist skin temperature of healthy people over the age of 18 during and after exercise. Results are for reference only and should not be used as a basis for medical diagnosis or treatment.
- During the measurement, wear the device relatively tightly for more than 10 minutes and stay in a relaxed environment at room temperature (about 25°C). Ensure that there are no water stains or alcohol on your wrist. Do not start a measurement in an environment with direct sunlight, wind, or cold/heat sources.
- After you exercise, shower, or switch between outdoor and indoor environments, wait 30 minutes before you start a measurement.

Single measurement

In the watch's app list, go to **Skin temperature** > **Measure** to start measuring your temperature.

Continuous measurement

- 1** Open the **Huawei Health** app, touch **Devices** and then the device name, go to **Health monitoring**, and enable **Continuous skin temperature measurement**.
- 2** In the watch's app list, touch **Skin temperature** to view the measurement curve.

Reaching daily goals for Healthy Living

The Huawei Health app offers Healthy Living to help you develop healthy lifestyle habits and enjoy a healthy new life.

-  • Due to the different physical conditions of each individual, the health suggestions provided in Healthy Living, especially those related to physical activity, may not be applicable to all users, and may not be able to achieve the desired effect. If you feel uncomfortable during activities or workouts, please stop and take a rest or consult a doctor in a timely manner.
- The health suggestions provided in Healthy Living are for reference only. You shall bear all risks, damages, and liabilities arising from participating in any activities or workouts.

Enabling Healthy Living

- 1** Open the **Huawei Health** app, go to **Health** > **EDIT**, and add the **Healthy Living** card.
- 2** Touch the **Healthy Living** card, and follow the onscreen instructions to agree to the **User Notice**.

Selecting check-in tasks and setting goals

Check-in tasks are classified into basic check-in tasks and optional check-in tasks. You can add optional check-in tasks based on your needs.

On the Healthy Living screen, touch **Edit tasks** or  in the upper right corner, select **Health plan**, and touch **Goal settings** on the task card to set your daily goals, or touch **Change goals** to change your goals.

Viewing the task completion status

- Enter the device's app list, and select **Healthy Living** to view the completion status of a specific task.
- Open the **Huawei Health** app, and go to **Health > Healthy Living** to view the task completion status.

Reminders

- 1 On the **Healthy Living** screen, touch  in the upper right corner, and select **Health plan**.
- 2 On the **health plan** screen, you can set general reminders or reminders for check-in tasks. That is, you can turn on the **Weekly report notifications (watch)** switch or the **Reminders** switch for a specific task, for example, enabling **Reminders** for **Breath**.

Weekly report and sharing

Viewing a weekly report: On the **Healthy Living** screen, touch  in the upper right corner, and select **Weekly report** to view the report details.

Sharing: On the **Healthy Living** screen, touch  in the upper right corner to share it, or save it to your device.

- Introduction to the **Daily smile** check-in task:

- 1 On the **Healthy Living** screen, select **Daily smile**.
- 2 Touch **Check in**, and take a photo. Touch **Done** to complete the check-in task (the photo will not be stored), or touch **Save & Share** in the upper right corner to share the photo or save it to your device.

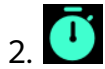
Disabling the service

On the **Healthy Living** screen, touch  in the upper right corner, and go to **About > DISABLE SERVICE**. This will reset Healthy Living, and only the three basic tasks will remain.

TriRing

TriRing in Activity records on the watch display three types of data: steps, moderate to high intensity activity, and active hours.

1.  Steps: This ring indicates the proportion of your steps to the target step count on the current day. The default goal is 10,000 steps. You can change the goal settings depending on your preferences by going to **Me > Settings > Goals** in the **Huawei Health** app.



2. Duration of moderate-to-high intensity activity (unit: minute): The default goal is 30 minutes. Your device will calculate the total duration of your moderate-to-high intensity activity based on your pace and heart rate intensity.



3. Active hours: This ring represents how many hours you have been stood up for during the day. If you have walked for more than 1 minute in an hour, such as for 1 minute between 10:00 and 11:00, this hour will be counted as an active hour. Sitting for too long is harmful for your health. We recommend that you stand up once an hour and get at least 12 active hours between 7:00 AM and 10:00 PM every day.

Assistant

HUAWEI Assistant•TODAY

The HUAWEI Assistant•TODAY screen makes it easy to view weather forecast, and view information from Calendar.

Entering/Exiting HUAWEI Assistant•TODAY

Swipe right on the device home screen to enter HUAWEI Assistant•TODAY. Swipe left on the screen to exit HUAWEI Assistant•TODAY.

Answering and rejecting incoming calls

When there is an incoming call, your watch will keep vibrating to remind you, and display the caller's number or name. You can answer reject the call.

Answering and rejecting incoming calls

- Press the Up button to stop the watch from vibrating.
- Touch the End icon on the screen or press and hold the Up button on your watch to end the call.
- Touch the Answer icon on the screen to answer the call.

Quick message replies

Here we'll use a HUAWEI phone as an example: When your watch reminds you of an incoming call, you can touch the Message icon to quickly reply with an SMS message and reject the call.

- ❗ • The content related to rejecting an incoming call through a quick message reply does not apply to the **Quick replies** feature in the **Huawei Health** app.
 - The method of modifying the SMS message content varies by phone model. Actual usage shall prevail.
 - This feature is not supported on iPhones. For details about how to use this feature on phones of other brands, please contact the phone manufacturer.

Managing messages

When the **Huawei Health** app is connected to your watch and message notifications are enabled, messages pushed to the status bar of your phone can be synced to your watch.

Enabling message notifications

- 1 Open the **Huawei Health** app, go to the device details screen, touch **Notifications**, and turn on the **Notifications** switch.

2 Go to the app list and turn on the switches for the apps that you wish to receive notifications from.

 Go to **APPS** to view the list of apps that you can receive notifications from.

Viewing unread messages

Your watch will vibrate to notify you of new messages pushed from the phone status bar.

Unread messages can be viewed on your watch. To view them, swipe up on the home screen to enter the unread message center.

 Unread messages will not be retained once viewed in the unread message center. If you want to view them again, open the corresponding app on your phone.

Replying to messages

-  • This feature is not supported on iPhones.
- This feature is only supported when replying to an SMS message with the SIM card that has received the message.

When receiving an SMS or a message from WhatsApp, Messenger, or Telegram on your watch, you can use quick replies or emoticons to reply to it. Supported message types are subject to actual use.

Customizing quick replies

-  • If the **Quick replies** card does not display, it means that your watch does not support this feature.
- This feature is not supported on iPhones.

You can customize a quick reply as follows:

- 1** Once your watch is connected to the **Huawei Health** app, open the app, go to the device details screen, and touch the **Quick replies** card.
- 2** You can touch **Add reply** to add a reply, touch an added reply to edit it, or touch  next to a reply to delete it.

Deleting unread messages

- On the message list screen, swipe left on the message that you wish to delete, and touch  to delete the message.
- Touch  at the bottom of the message list to clear all unread messages.

More apps

 This feature is not supported for iPhones and iPads.

Installing apps

- 1 Open the **Huawei Health** app, go to the device details screen, and then touch **AppGallery**.
- 2 Select the app you want to use from the **Apps** list and touch **Install**. After the app is installed, it will be displayed in the app list on your device.

Using apps

Swipe up or down on the app list of your device, select an app, and follow the onscreen instructions to use it.

-  • Some apps can only be used when the device is connected to your phone. If the device displays a message asking you to install the app on your phone, it indicates that the app can only be used with your phone.
- When you install and use an app on your phone for the first time, agree to the agreements or terms displayed on the app screen, and follow the onscreen instructions to complete giving authorization and logging in. Otherwise, you will not be able to use the app. If there is an issue when granting authorization, open the **Huawei Health** app, go to **Me > Settings > Device capabilities**, and select the app that you want to grant authorization to again.

Updating apps

- 1 Open the **Huawei Health** app, go to the device details screen, and then touch **AppGallery**.
- 2 Touch **Manager** to view the apps to be updated and the list of installed apps.
- 3 Go to **Updates > Update** to update apps to the latest version for a better experience.

Uninstalling apps

- Uninstall an app in the **Huawei Health** app on your phone:
 - 1 Open the **Huawei Health** app, go to the device details screen, and then touch **AppGallery**.
 - 2 Touch **Manager** to view the apps to be updated and the list of installed apps.
 - 3 Go to **Installation manager > Uninstall** to uninstall apps. After the app is uninstalled, it will also be deleted from your device.
- Uninstall an app on the device: Touch and hold the third-party app icon to uninstall it.

- i** If you set **Disable AppGallery service** in the **Huawei Health** app, you need to touch **AppGallery** again and follow the onscreen instructions to grant authorization.
 - Before using a third-party app, add it to the background protection list in Phone Manager. In addition, go to **Settings > Battery** on your phone, select the app in **Battery usage by app**, touch **Startup management**, and enable **Auto-launch**, **Secondary launch**, and **Run in background**.
 - If a third-party app doesn't work after you have added it to the list of protected apps in the background, uninstall the app, reinstall it, and try again.

Controlling music playback

- i** To use this feature, ensure that your device is connected to the Huawei Health app.

Adding music to your device

- 1** Open the Huawei Health app and go to the device details screen.
 - 2** Go to **Music > Manage music > Add songs** and select the music to be added.
 - 3** Touch **✓** in the upper right corner of the screen.
When adding music, you can also create a playlist by touching **New playlist**. After you have created a playlist, you can add your preferred songs that have been uploaded to your watch to the playlist by touching **Add songs** in the upper right corner.
- i** • You cannot add music to your watch using an iPhone.
 - To delete a song, open the Huawei Health app, enter the device details screen, go to **Music > Manage music**, select the song you wish to delete in the displayed list, touch  and then **Delete**.

Controlling music playback on your watch

- 1** Enter the device's app list, and go to **Music** () > **Playing music**, or use another music app.
- 2** Touch the play button to play the song.
- 3** On the music playback screen, you can adjust the volume, set the playback mode (for example, play songs in order or randomly), and swipe up on the screen to view the playlist or switch between songs.

Controlling music playback on your phone

- Open the Huawei Health app, go to the device details screen, touch **Music**, and turn on **Control phone music**.
- Open the music app on your phone and play music.
- Swipe right on the home screen of your device to enter the HUAWEI Assistant-TODAY screen, and touch the Music widget with a phone icon.

Remote shutter

After your device is connected to the **Huawei Health** app, touch **Remote shutter** () in the app list on the device to enable the camera on your phone, and then you can touch  on the device screen to take a photo. Touch  to switch between a 2-second and 5-second timer.

-  • To use this feature, ensure that the **Huawei Health** app is running in the background.

Voice assistant

The watch allows you to use the voice assistant to check for information, and control smart home devices once it is connected to the **Huawei Health** app on your phone.

-  Update your watch to the latest version, to ensure the best possible experience. Currently, this feature is only supported in certain countries and regions.

Using the voice assistant

- 1 Press the Up button on your watch to enter the app list, go to **Settings > Smart assistance > AI Voice**, and enable **Wake-up button**.
- 2 Press and hold the Down button to wake up the voice assistant.
- 3 Give a voice command on the displayed screen, such as "What's the weather like today?".

Other settings

Go to **Settings > Smart assistance > AI Voice** on your watch, and set the voice assistant feature. If the following menus do not display, it means that your watch does not support these features.

- **Wake-up button:** Wakes up the voice assistant by pressing the button.
- **Broadcast:** This feature is enabled by default. Once disabled, the watch will no longer broadcast voice messages.
To adjust the volume of the voice assistant, you'll need to press the volume buttons on the paired phone.
- **AI Tips:** Once this feature is enabled by default, the **AI Tips** card will display on the HUAWEI Assistant-TODAY screen. Once **AI Tips** is disabled, the card will no longer display on the HUAWEI Assistant-TODAY screen.

Connecting to Bluetooth earphones

After the watch is connected to your Bluetooth earphones, you will be able to use the Bluetooth earphones to listen to music.

- Method 1:

- 1 Put your Bluetooth earphones in pairing mode.
- 2 Enter the watch's app list, swipe up or down on the screen, and go to **Settings > Bluetooth**.
- 3 If the watch has not been paired with any Bluetooth device, touch **Find devices**, select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.

- Method 2:

- 1 Put your Bluetooth earphones in pairing mode.
- 2 Enter the watch's app list, swipe up or down on the screen to find and select **Music**, touch  in the lower right corner of the music playback screen, and go to **Audio channel > Add device**.
- 3 Go to **Pair > Find devices**, and your watch will automatically search for the devices ready for pairing. Select the target earphones from the Bluetooth list and follow the onscreen instructions to complete pairing.

Flashlight

To make sure there is a suitable option for anywhere you go, there are three flashlight modes available on your device: Common mode, Flash mode, and Color mode.

Common mode

Press the side button on your device to access the app list, or swipe down on the home screen to access the shortcut menu, and touch  to turn on the flashlight. The screen will light up. Touch the screen to turn the flashlight off. Touch the screen again to turn the flashlight on again. Swipe right or press the side button to disable the flashlight.

Flash mode and Color mode

The flashlight on your device supports eight standard colors, custom colors, and adjustment of flash frequency. You can:

Go to the flashlight screen on your device, swipe up on the screen to display the settings options, and set your preferred light color and flash frequency.

-  • The flashlight stays on for five minutes by default.
- The icon color may vary depending on the device model.

More

Configuring Gallery watch faces

-  Before using this feature, update the **Huawei Health** app and your device to their latest versions.

Selecting Gallery watch faces

- 1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More > Mine > On watch > Gallery** to access the Gallery watch face settings screen.
- 2 Touch **+** and select either **Camera** or **Gallery** as the method for uploading an image.
- 3 Touch **✓** in the upper right corner, and then touch **Save**. Your watch will then display the selected image as the watch face.
 -  When you upload more than one image, you can tap on the watch face to switch between them.

Other settings

On the **Gallery** watch face settings screen on your phone:

- Touch **Style, Position** to set the style, location of the date and time and functions on the Gallery watch faces.
- Touch the Cross icon in the upper right corner of a selected photo to delete it.

Setting the AOD watch face

After you set the Always On Display (AOD) watch face, you can select to display the main watch face or AOD watch face when you raise your wrist.

-  • Enabling AOD will reduce the battery life.
 - Once AOD is enabled, the Raise to wake feature will be disabled.
- 1 Open the app list, go to **Settings > Watch face & home** or **Settings > Watch face**, and enable **Always On Display**.
 - 2 Once AOD is enabled, the watch face style will be set by default.
 - 3 Select **Raise to show AOD** or **Raise to show watch face** as needed.

OneHop watch faces

You can use OneHop to turn Gallery images from your phone into watch faces on your wearable device. You will need to download images saved on the cloud before transferring them. If you upload more than one image, tap on the watch face to randomly switch between them.

-  Before using this feature, update the **Huawei Health** app to its latest version, and make sure that your wearable device is connected to your phone.
- This feature is only available when your device is paired with certain HUAWEI phones that support NFC.

- 1 Enable NFC on your phone.
- 2 Go to Gallery on your phone, select the images that you would like to transfer, and tap the NFC area on the back of your phone against the watch face. Once the images have been transferred successfully, you will see them appear on your watch face.
- 3 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More > Mine > On watch > Gallery** to see the images that you transferred. Feel free to customize the style and layout of the Gallery watch faces to suit your preferences.

Managing watch faces

The watch face store provides a diverse range of watch faces for you to choose from. To use this feature, update your watch and the **Huawei Health** app to their latest versions.

Changing a watch face on your watch

- 1 Touch and hold the watch face on the home screen.
 - 2 Swipe left or right to select your favorite watch face. You can also swipe on the screen to the rightmost, touch +, and swipe up or down to select your favorite watch face.
-  Some watch faces support custom control. You can touch  at the bottom of the watch face to customize the content that is displayed.

Installing and changing the watch face on your phone

- 1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More**.
 - 2 Select a watch face.
 - a If the watch face has not been installed, touch **Install**. After the installation is complete, your watch will automatically use this new watch face.
 - b If the watch face has been installed, touch **SET AS DEFAULT** to use the selected watch face.
-  The details screen of a watch face displays the traffic that will be generated when downloading and installing the watch face.

Deleting a watch face

- 1 Open the **Huawei Health** app, enter the device details screen, and go to **Watch faces > More**.
- 2 Select an installed watch face and touch  to delete it.

:

-  • Gallery watch faces cannot be deleted.
- You do not need to purchase a watch face again, after deleting it, from the watch face store.

Setting sounds

Setting the ring volume

- 1 Press the on the watch to open the app list and then go to **Settings > Sounds & vibration > Ringtone**.
- 2 Swipe up or down to adjust the ring volume.

Muting and unmuting

- 1 Press the on the watch to open the app list and then go to **Settings > Sounds & vibration**.
- 2 Enable or disable **Mute**.

Finding your phone using your watch

- 1 Swipe down on the watch face screen to enter the shortcut menu, and confirm that the Bluetooth connection between your watch and phone is normal. You will see the Bluetooth icon for your phone displayed as either  or .
 - 2 If your watch and phone are within the Bluetooth connection range, the phone will play a ringtone (even in Vibrate or Silent mode) to help you locate it.
 - 3 Touch the device screen to end the search.
-  • If Auto-switch is enabled on your watch, the watch must be connected to **Huawei Health** to use the Find Phone feature.
 - If you are using an iPhone and the screen is turned off, the phone may not respond when you are using the Find Phone feature.

Finding your watch using your phone

-  • Before using this feature, ensure that your device is connected to your phone via Bluetooth.
 - This feature is only available on Huawei phones running EMUI 11.0/HarmonyOS 2 or later.
- 1 Download and install the latest versions of **HUAWEI Mobile Cloud**, **Find Device**, and **Huawei Health** from AppGallery, or if you have already installed these apps, update them to their latest versions.
 - 2 Use the same account to log in to these three apps.

- 3 Open the **Find Device** app, touch **Devices** to view the list of devices, and touch the target device.
- 4 touch **Listen for the ringtone** to find the device.

Enabling or disabling Do Not Disturb

Enabling or disabling Do Not Disturb

Method 1: Swipe down from the top of the watch face and touch **Do Not Disturb** to enable or disable it.

Method 2: Go to **Settings > Sound and vibration > Do Not Disturb > All day** to enable or disable it.

Scheduling Do Not Disturb

-  To use this feature, update your wearable device and the **Huawei Health** app to their latest versions.
- Go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**, touch **Add time**, and set **Start**, **End**, and **Repeat**. You can add multiple time periods, and schedule any of them to enter Do Not Disturb mode.
- To disable any scheduled Do Not Disturb periods, go to **Settings > Sound and vibration > Do Not Disturb > Scheduled**.

Enabling or disabling Sleep mode

After Sleep mode is enabled on the watch, incoming calls and notifications will be muted, the screen will not turn on when you raise your wrist, and the watch face will enter Simplified mode.

Swipe down on the watch face screen and touch **Sleep mode** to enable or disable the mode.

-  HUAWEI WATCH 3 series: Swipe down from the shortcut bar, touch the sleep mode icon



, and touch  to enable Sleep mode.

Sleep mode can be manually enabled or automatically enabled when the device detects that you are asleep.

Setting favorite contacts

- 1 Open the **Huawei Health** app, go to the device details screen, and then select **Favorite contacts**.
- 2 On the **Favorite contacts** screen:
 - Touch **ADD** to display your phone/tablet's contacts list and then select the contacts you wish to add.
 - Touch **Remove** to remove a contact you have added.

- 3 Touch **Favorite contacts** in your device's app list, and touch a contact to make a call from your device.

Pairing with a new phone

-  You may be reminded to restore your device to its factory settings before pairing it with a new phone, to ensure that your privacy is protected. Restoring your device to its factory settings will clear all of your data. Please exercise caution when doing this.

Go to **Settings > System & updates > Disconnect** on your wearable device, touch , and follow the onscreen instructions to complete the pairing.

Charging

Charging your watch

- 1 Connect the charging cradle, charging cable, and power adapter, and then connect the power adapter to a power supply. (For some watch models, the charging cradle and cable are 2-in-1.)
 - 2 Rest your device on top of the charging cradle, and align the metal contacts on your device to those of the charging cradle until a charging icon appears on the device screen.
 - 3 When the charging icon displays 100%, it indicates that the device has been fully charged and automatically stopped charging. Remove the device and disconnect the power adapter.
-  • You are advised to use a HUAWEI charging cradle and adapter or a charging cradle and adapter that comply with corresponding regional or national laws and regulations as well as regional and international safety standards to charge your device. Other chargers and power banks that do not meet corresponding safety standards may cause issues such as slow charging and overheating. Exercise caution when using them. It is recommended that you purchase a HUAWEI charging cradle and adapter from an official Huawei sales outlet.
 - Keep the charging port dry and clean to prevent short circuits or other risks.
 - The charging cradle tends to attract metal objects due to it being magnetic. Therefore, it is necessary to check and clean the charging cradle before use. Do not expose the charging cradle to high temperatures for a long time, as this may cause the charging cradle to demagnetize or cause other exceptions.
 - If the device is not used for a long time, it is recommended that you charge the battery once every two to three months, to extend the battery lifespan.

Checking the battery level

Method 1: Swipe down from the top of the home screen to check the battery level.

Method 2: Connect your device to a power supply, and check the battery level on the charging screen.

Method 3: Check the battery level on a watch face that displays the battery level.

Method 4: When your device is properly connected to the **Huawei Health** app, open the **Huawei Health** app, touch the target device on the **Devices** screen to access the details screen, and view the battery level.

Updates

Open the **Huawei Health** app, go to the device details screen, and touch **Firmware update**. Your phone will check for any available updates. Follow the onscreen instructions to update your device.

-  Touch the Settings icon to the right of **Firmware update**, enable **Auto-download update packages over WLAN**, and your device will automatically download the update package and send you a notification every time it detects a new version. Follow the onscreen instructions to update your device.
- You are advised to ensure that your device has sufficient power before the update.
- During an update, Bluetooth on your device will automatically disconnect, and reconnect once the update is complete.
- Do not charge your device during the update.

Powering on/Powering off/Restarting

Powering on

- Press and hold the Up button.
- Charge the device.

Powering off

- Press and hold the Up button, and then touch **Power off**.
- Press the Up button and go to **Settings > System & updates > Power off**.

Restarting

- Press and hold the Up button, and then touch **Restart**.
- Press the Up button and go to **Settings > System & updates > Restart**.

Restoring factory settings

-  Restoring the wearable device to its factory settings will clear all personal data from the wearable device, so please exercise caution when performing this operation.

Method 1: Go to **Settings > System & updates > Reset** from your wearable device's app list.

Method 2: Open the **Huawei Health** app, go to the device details screen, and touch **Restore factory settings**.

Water-resistant and dust-resistant level definition and usage scenario description of wearable devices

Being water-resistant and dust-resistant means that the wearable device prevents water and dust from entering inside and damaging the interior components and the mainboard.

- i** In the following test scenarios, the normal temperature ranges from 15°C to 35°C, the relative humidity ranges from 25% to 75%, and the atmospheric pressure ranges from 86 kPa to 106 kPa (the standard atmospheric pressure is 101.325 kPa).

Water Resistance Level	Resistance Level Definition	Resistance Scenario
Dive (Depth up to 100 meters)	Complies with the EN 13319 standard for diving accessories. Products that meet this standard can withstand 200 cycles of normal pressure (1 ATM) and excess pressure (11 ATM at most), and remain at excess pressure for one minute in each cycle.	The wearable device complies with the EN 13319 standard for diving accessories, and supports diving with a maximum depth of 100 meters. (For safety reasons, please do not dive alone.) The wearable device is not suitable for use in the following scenarios: 1. Diving activities exceeding a depth of 100 meters. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments. 3. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)

10 ATM	It is a water-resistant standard (ISO 22810) defined by the International Organization for Standardization (ISO). It indicates that the wearable device can stand up to simulated 100-meter static water pressure at room temperature for 10 minutes.	The wearable device complies with the 10 ATM-rated resistance level under the ISO 22810:2010 standard, which indicates that it can withstand up to 100-meter static water pressure for 10 minutes. Water resistance is not permanent, and the performance may deteriorate with daily wear and tear. The wearable device can be used for water activities such as those in swimming pools and at the beach, and diving (the supported depth and diving types vary depending on the specific product model). It can be worn and used during exercise, on rainy days, and when washing your hands. If a watch with a speaker is soaked in water or the watch is worn in water, promptly remove water stains from the speaker or use the drainage feature of the watch to avoid the impact of the water stains on the speaker. The wearable device is not suitable for use in the following scenarios: 1. Platform dives, high-pressure rinsing, or other activities that involve high water pressure or fast-flowing water. 2. Hot showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments. 3. Leather and metal straps are not designed to withstand water or sweat. It is recommended that you wear other types of straps, if you wish to swim, dive, or work out.
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		(Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)
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IP68	Wearable devices that meet this standard are resistant to dust, and can be immersed in water deeper than 1 meter at a normal temperature and pressure (the depth and duration may vary depending on the product model). It is a higher standard than IPX7.	These wearable devices comply with the IP68-rated resistance level under the IEC 60529:2013 standard. Wearable devices can prevent dust from living rooms, offices, laboratories, light industrial studios, and storage rooms from entering. They are not suitable in particularly dusty environments. They are resistant to being splashed by water. However, we recommend that you do not immerse your wearable devices in water. You can wear your wearable device when you exercise as they are resistant to sweat or wash your hands. You can also wear them when it is raining. The wearable device is not suitable for use in the following scenarios: 1. Swimming, snorkeling, diving, scuba diving, or other activities with immersion in water for a long time. 2. Showers, hot springs, saunas (steam rooms), and other activities in high-temperature and high-humidity environments. 3. Activities related to high-speed water currents, such as diving, water skiing, surfing, motorized water sports (such as speedboats and motorboats), car washing, and rafting. (Damage to the wearable device caused by immersion in liquid is not covered by the warranty if the wearable device is used in an unsuitable scenario.)
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Water-resistance is not permanent and it may be affected to some extent over time. The following conditions may affect the water-resistance performance of the wearable device and should be avoided. Damage caused by immersion in liquid is not covered by the warranty.

The device being dropped from a high place or impacted by other objects.

Dismantling or repairing the wearable device at a non-authorized Huawei store.

Exposing the device to alkaline substances, such as soap or soapy water during showers or baths.

Exposing the device to perfumes, solvents, detergents, acidic substances, pesticides, emulsions, sunscreens, moisturizers, or hair dye.

Charging the device when it is wet.

-  Please use the product in accordance with the product manual provided on the official Huawei website or Quick Start Guide that comes with the product. Free warranty services are not provided for damage caused by improper use.